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## Advanced Techniques

## Interstellar Travel Technique

### Destination : Galaxy NGC5005



### Planetary Destination : Second Planet : Zar

### Visual Exercise : (Astral Projection) Section One : Interstellar Travel

#### Step One

I want you to get comfortable and relax.

#### Step Two

Then close your eyes and see your visual body standing in front of your physical body and see your visual body transforming into the light being.

#### Step Three

Then prepare your visual body for interstellar travel.

#### Step Four

Then hold out your right hand and project a porthole just in front of your visual body like you did in the section on light energy portholes.

#### Step Five

Next focus your mind on travelling to the destination at the top.

#### Step Six

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Then see your visual body walking into the porthole.

### **Step Seven**

Then see the porthole opening at the destination and see your visual body walking out of the porthole

### **Step Eight**

Then hold out your hand again and draw the porthole back into your hand like you did in the section on light energy portholes.

### **Step Nine**

Then look around and take notes on what you see on the surface of that planet while you are there.

## **Section Two : Planetary Detection Rapid**

### **Step One**

Now I want you to construct a illusional energy rapid around the centre of your visual body.

### **Step Two**

Then telepathically instruct the detection ring to expand out and seek out any planets or moons in that solar system or star system.

### **Step Three**

As the interstellar detection rapid expands telepathically instruct the energy rapid to make an energy wave if it hits an planetary object as it expands out.

### **Step Four**

Now if the energy rapid activates a wave teleport your visual body out to the point were the energy wave happened in that solar system or star system and see if there is a planet or moon in that area. If there is a planet or moon make a note of it for mapping when you return to earth.

### **Step Five**

When you have finished mapping that solar system or star system draw the energy ring back into your hands in the usual way.

### **Step Six**

Then teleport your visual body back to earth in front of your physical body and see your visual body returning to normal. Then open your eyes and write down all of your findings.